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100

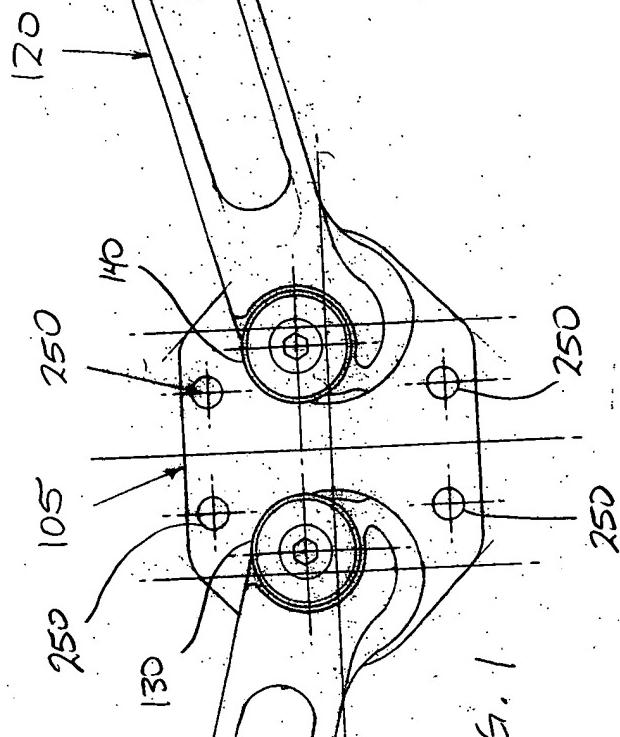


FIG. 1

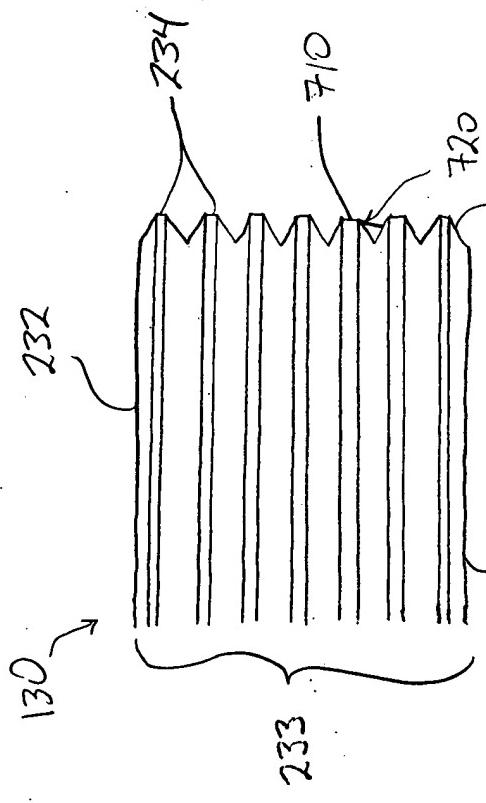


FIG. 3A

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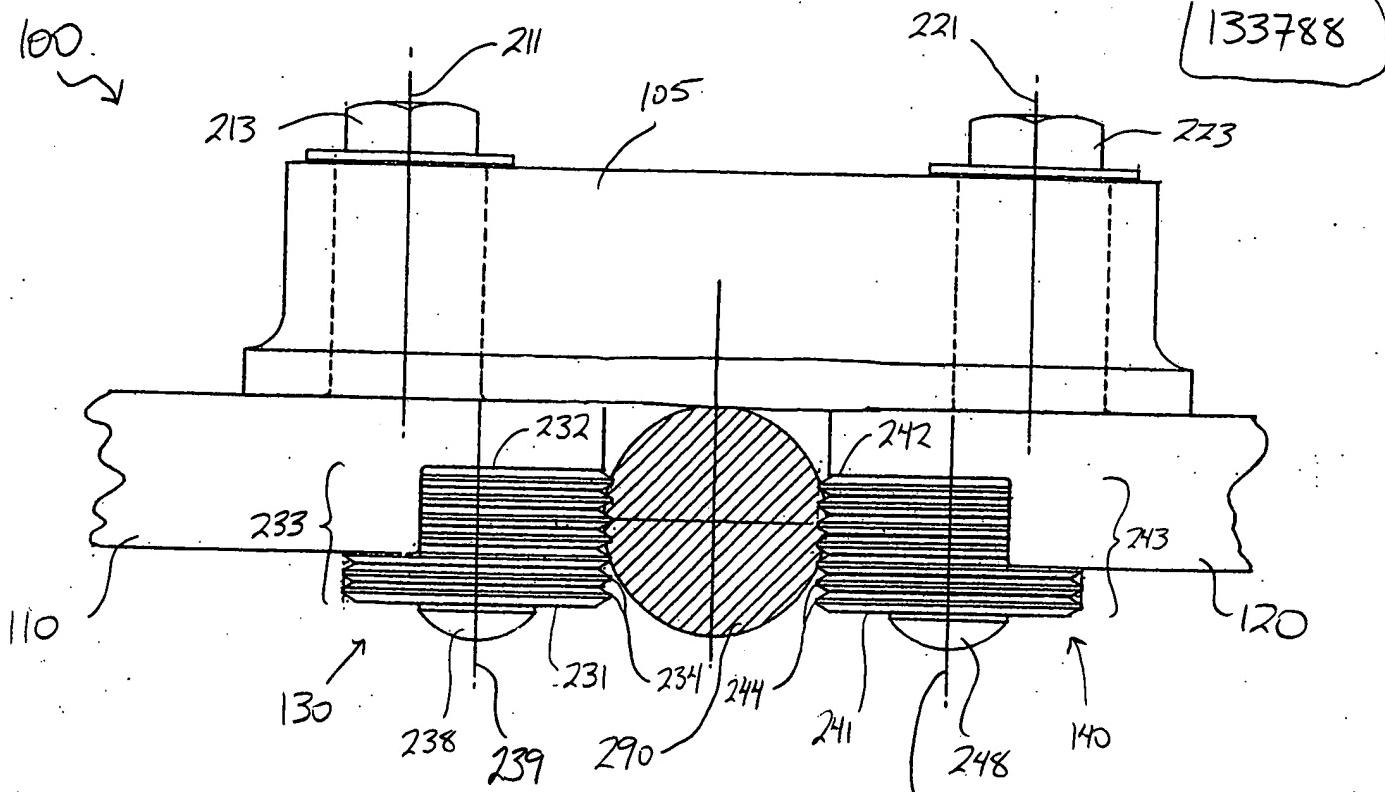


FIG. 2

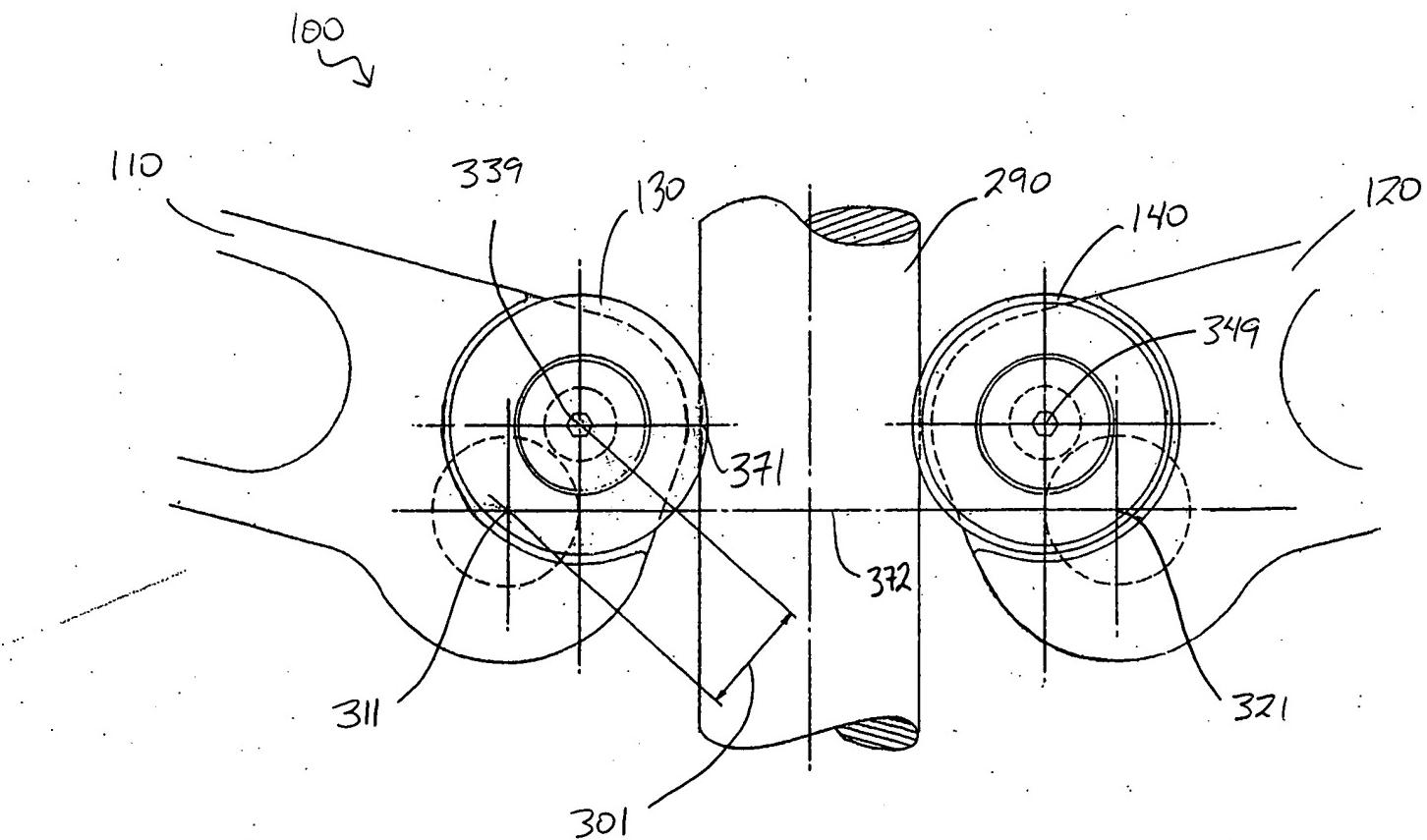


FIG. 3

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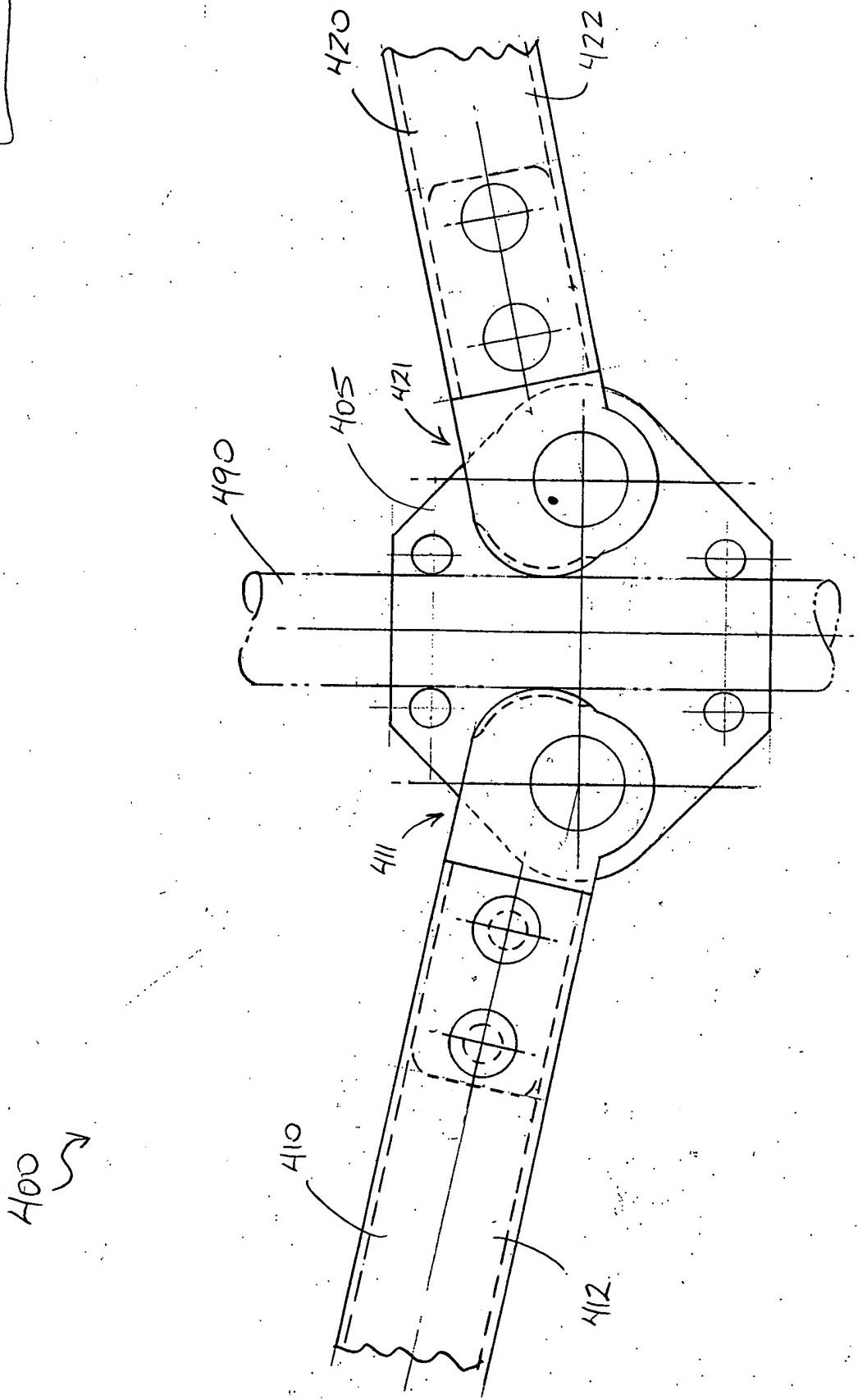
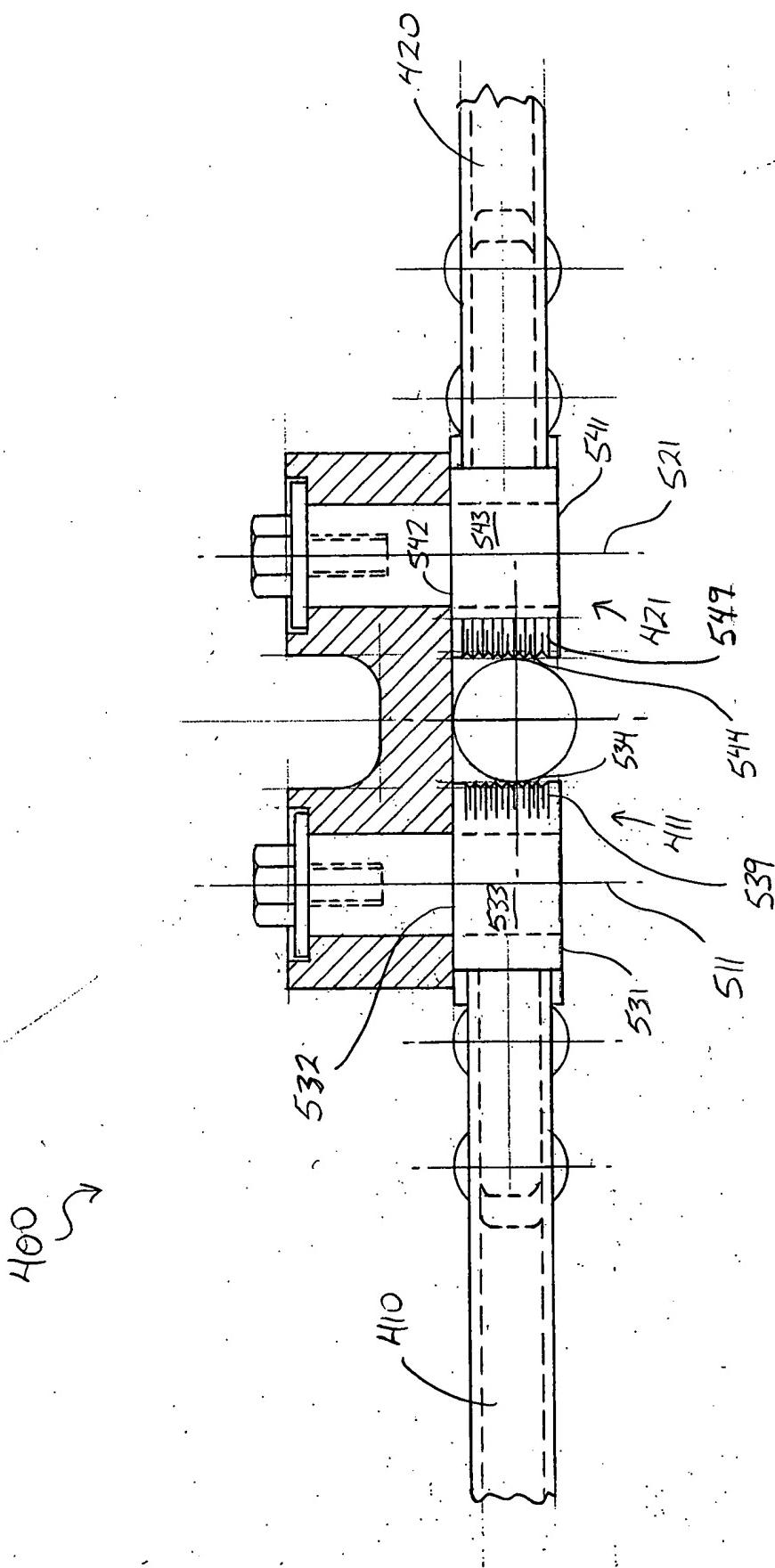


FIG. 4

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FIG. 5



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FIG. 6

600

- 610      Provide a link bar
- ↓
- 620      Provide a first handle coupled to the link bar, where the first handle has a first handle axis
- ↓
- 630      Provide a second handle coupled to the link bar, where the second handle has a second handle axis
- ↓
- 640      Provide a first gripper attached to the first handle, where the first gripper comprises a first surface, a second surface spaced apart from the first surface by a circumferential face, and at least one circumferential ridge protruding from and extending circumferentially along at least a portion of the circumferential face and substantially parallel to the first and second surfaces
- ↓
- 650      Provide a second gripper attached to the second handle, where the second gripper comprises a first surface, a second surface spaced apart from the first surface by a circumferential face, and at least one circumferential ridge protruding from and extending circumferentially along at least a portion of the circumferential face and substantially parallel to the first and second surfaces